

OPERATIONAL STRESS

COMMANDER ACTIONS

Signs of Operational Stress

Shakiness/trembling

Fatigue

Anxiety, fear

Exhaustion

Panic

Freezing

Headaches

Insomnia

Alcohol abuse

Confusion

Memory Loss

Misconduct

Upset Stomach

Anger

Loss of confidence

Apathy

Social Isolation

Hallucinations

~~~~~ *What To Do?* ~~~~~

- **Help new Marines & Sailors fit in and assign buddies**
- **Train to develop mutual reliance and trust**
- **Prevent intimidation of young marines and sailors**
- **Impart pride and lead by example and inspiration!**
- **Encourage unit-centered social events**
- **Know each service member's personal background**
- **Ensure all personnel know about operational stress prevention**
- **Ensure triage of operational stress casualties to appropriate level of care and reintegration of returning recovered casualties back to unit**
- **Conduct realistic and tough training**
- **Plan and use regular stress debriefings before and after mission completion**
- **Pass on mission essential information and control rumors**
- **Promote physical fitness and practice good sleep habits**

